

DECEMBER 2016

Art ANGLE

THE NEWSLETTER OF THE CENTER FOR PERFORMING ARTS MEDICINE AT HOUSTON METHODIST



Taking CARE of the ARTISTIC SOUL

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HOUSTON
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LEADING MEDICINE



LETTER

FROM THE DIRECTOR

2016 MARKED THE 20TH ANNIVERSARY OF THE CENTER FOR PERFORMING ARTS MEDICINE AT HOUSTON METHODIST HOSPITAL. Looking back on the last 20 years, the growth of the center tells an exciting story that has contributed to a national renaissance in the field of arts and health.

The idea of the center as a destination for specialized artist health care began in 1996 when Dr. C. Richard Stasney, its founder and chair emeritus, conveyed to Houston Methodist the unique health challenges that performing artists face. With support from the hospital and Houston's philanthropic community, and expertise provided by Houston Methodist physicians, therapists and health care professionals, the center's dedicated access line for artists was created, connecting hundreds of artists a year to timely and specialized care. Thanks to the development of the center's artist health and wellness care relationships over the years, Houston Methodist is the official health care provider for the Houston Grand Opera, Houston Ballet, and Houston Symphony.

Emerging from the center's successful artist health care service was the desire from student, community and professional artists, the center patients, and hospital employees to share their talents and love for the arts in the hospital environment, contributing to the holistic approach to care at Houston Methodist. Since 2005, an annual employee "Healing Arts" photography exhibit

beautifies the walls and regularly tours throughout the Houston Methodist System. Also, with the support of Margaret Alkek Williams, more than 100 professional and student music and dance performances have been held throughout Houston Methodist locations each year since 2013. Performances are carefully curated to ensure effective support of the hospital environment and range from elementary school choirs, to the Houston Symphony to music and dance from cultures around the world. Through the hospital TV channel 19, selected performances are rebroadcast 24 hours a day to patient and waiting rooms for those who are unable to attend in person. On a daily basis, visitors now enjoy the contributions of five staff and 12 volunteer pianists that share music at all seven Houston Methodist hospitals. The combination of these arts integration efforts have redefined the way the arts are contributing to the health care environment and patient experience.

The center is fortunate to be based in Houston, a city that provides a unique environment for experts in a wide variety of fields to collaborate through research. At the center, research has always encompassed new approaches to unique performing arts injuries, including care for the professional voice and injuries

To learn more about the center, visit houstonmethodist.org/performing-arts or call 713.441.4048.

related to professional dance and instrumental music, but more recently, with tools available such as the fMRI (technology that measures brain activity), we are exploring the clinical possibilities presented by better understanding, and harnessing, brain activation through the arts. Our current fMRI research, led by Christof Karmonik, and supported through the Chao Foundation, measures brain connectivity and regional response to music with different relationships to the subject (familiar vs. non familiar) as well as different languages and forms of speech. Findings in this arena have led to sharing unique results from the center at notable conferences around the world, including the National Society for Neuroscience in 2015, the Organization for Human Brain Mapping and World Stroke Congress in 2016, our first music-brain publication in the significant neurologic journal “Brain Connectivity,” and an upcoming Houston Methodist stroke-music rehabilitation study with neurologist Dr. John Volpi.

The most recent addition to the services of the center is music therapy, where the arts are being used in service to patients in clinical settings of the hospital. In 2014, with the support of the In-Patient Rehabilitation Division of West Pavilion, the center introduced its first full time music therapist. We are proud that this position has become an integrated and valued part of the therapy team and has led to expanding music therapy services in 2016 to Houston Methodist St. Catherine and at Houston Methodist with two additional therapists joining the team. With the additional personnel and philanthropic support from Doug Pitcock, music therapy services have expanded to many new areas of care and education, offering new and unique opportunities for patients and options for physicians.

As we all know, the arts provide a compelling vehicle for self-expression in response to working in extraordinary environments such as a hospital, sharing experiences, and reflecting on life and work. We are proud that the center’s Employee Arts Enrichment activities were called upon to provide these outlets through the popular Inprint Life Writing workshops, which began in 2007 and have led to award-winning published work by employees and recently added FotoFest Photography

classes. As an educational tool to support aspiring arts and science students in the community, the center has also partnered with the University of Houston Honors College since 2014 to create a unique, interactive learning environment titled “Anatomical Theatre — The Art of Medicine.” This course challenges our next generation of leaders to find connections across genres by exploring influences on the history of medicine, including religion, technology, philanthropy, the arts, access to information, and ethics. The course also focuses on leaps of scientific faith that require a creative eye and renaissance mind.

We know that the arts offer a dynamic common denominator in strategic collaboration, leading to innovation and transformation, while keeping us firmly in tune with our humanity. Today, the breadth and connectivity of the center programs represent a robust collaboration and leveraging of the unique assets of Houston’s world-class medical center and arts community. “Theres nothing like it in the world!” says Dr. Robert Jackson, Chairman CPAM. The next 20 years will continue the path of “Leading Medicine” in an environment of integrity, compassion, accountability, respect and excellence (ICARE) filled with innovative approaches to health, education and discovery. With gratitude for the center leadership of Dr. C. Richard Stasney, founder; Dr. Robert Jackson, chairman; Carole Hackett, executive sponsor and Houston Methodist senior vice president of human resources; our dedicated Advisory Council, staff, volunteers, and supporters; and the contributions of so many over the last 20 years, we can’t help but be extraordinarily excited for what the future holds. ■

J. Todd Frazier, Center for Performing Arts Medicine at Houston Methodist System Director, National Organization for Arts in Health President, and Composer



THE CENTER FOR PERFORMING ARTS MEDICINE CELEBRATES 20TH ANNIVERSARY



Dr. Richard and Susan Stasney

THE CENTER FOR PERFORMING ARTS MEDICINE CELEBRATED ITS 20TH ANNIVERSARY IN OCTOBER 2016 BY HONORING SUSAN AND DR. C. RICHARD STASNEY with an appreciation dinner at River Oaks Country Club with tributes by Dr. Mark Boom, Dr. Richard Jackson, Rev. Charles Millikan, J. Todd Frazier and performances by Houston Grand Opera, Harbor Light Choir and the center staff pianist Rudy Espinoza.

Stasney's extraordinary commitment to artists' health led him to establish Houston Methodist's Center for Performing Arts Medicine (the center) in 1996 as the nation's first institutionally supported center specializing in the health care of performing artists. Because of his leadership and Susan's support, the center has evolved to integrate the arts into the hospital environment through the Margaret Alkek Williams performance series and groundbreaking research in artist care and arts therapy.

To mark the occasion, a beautiful proclamation tribute plaque was presented by Houston Mayor Sylvester Turner on Oct. 5, 2016, which was named Susan and Richard Stasney Center for Performing Arts Medicine Day. The center also launched the annual Susan and C. Richard Stasney MD the center Lecture in Arts and Medicine led by Dr. Richard Kogan, a Juilliard-trained pianist and Harvard-educated psychiatrist. Kogan explored the psychological factors that affected Beethoven's career. About 200 people were in attendance for the inaugural lecture honoring Stasney, the center founder and chair emeritus, and his wife.

INAUGURAL LECTURE HONORS THE CENTER FOR PERFORMING ARTS MEDICINE

By Britni Riley

The Center for Performing Arts Medicine at Houston Methodist Hospital commemorated its 20th anniversary with a lecture on arts and medicine on Oct. 6. The inaugural Susan and C. Richard Stasney MD, Lecture in Arts and Medicine was named for the center's founder and chair emeritus and his wife.

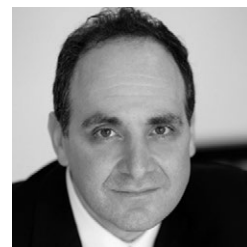
"We wanted to do something that recognized our founder, Dr. Stasney, and also add something to the education side of arts and health," said J. Todd Frazier, the center director. "We want to share with the community how arts and medicine are intertwined in and outside of the hospital setting."

The lecture was given by Richard Kogan, M.D., a psychiatrist and concert pianist. Kogan is a clinical

professor of psychiatry at Weill Cornell Medical College and artistic director of the Weill Cornell Music and Medicine Program. He is a graduate of the Juilliard School of Music Pre-college, Harvard College and Harvard Medical School.

Kogan completed a psychiatric residency and academic psychiatry fellowship at NYU and has a private psychiatry practice in New York City.

"We live in specialized times now, so we tend to think of arts and medicine as different areas with very little overlap, but that wasn't always the case," Kogan said. "In the Ancient Greek culture, they designated Apollo as the god of both medicine and music and in a lot of primitive



Dr. Richard Kogan

cultures, the role of physician and musician were played by the same person."

During the lecture, Kogan explored Beethoven's relationship with music and medicine, highlighting the composer's battles with deafness and mental health. Kogan also performed several of Beethoven's compositions.

"I am doing a program on Beethoven for a couple of reasons," he explained. "First of all, Beethoven had a really serious illness, which had an amazing impact on his creative process. The other reason is — and I am going to quote Dr. Stasney — "Beethoven is my hero."

Beethoven's artistic journey can be divided into three parts, Kogan explained, and each period was informed by different psychological and medical factors.

"Deafness unquestionably worsened Beethoven's paranoia, but these character traits existed long before he had hearing problems," Kogan said. "Deafness is a hardship for anybody. For a musician, it is catastrophic. So it is not surprising that he would contemplate suicide. But as you heard in his letters, he was going to hold off on the suicide until he fulfilled his destiny as an artist. Deafness actually made Beethoven become a much better composer; it narrowed his scope in a way because his career as a pianist was over and he was much more socially isolated. Once he was locked in the silent world of his imagination, he was no longer hearing the work of his contemporaries like Haydn or under the influence of traditions. He was free to conjure up forms to imagine sounds."

Near the end of his life, Beethoven suffered from many health complications caused by severe lead poisoning and excessive alcohol consumption. His final years were tumultuous.

"We wanted to have Dr. Kogan as our inaugural speaker because he is very unique and he is a great example of a very accomplished physician who has been inspired by music," Frazier said. "He can share his inspiration with others because of his extraordinary skills as a pianist. In the future, we envision the lecture to be a wide variety of things, focusing on different entry points for the arts within the health environment."

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ANNOUNCING THE MARGARET ALKEK WILLIAMS CRAIN GARDEN PERFORMANCE SERIES ENDOWMENT



*CEO Dr. Boom
with Margaret
Alkek Williams,
Mark Hanson
with the Houston
Symphony, and
dancers from the
Houston Ballet*

The Center for Performing Arts Medicine is proud to announce that the support for the performance series at Houston Methodist locations comes from the Margaret Alkek Williams Center for Performing Arts Medicine Arts Integration Endowment, established through the generous gifts of Margaret Alkek Williams and the Albert and Margaret Alkek Foundation beginning in 2013. The name of the series was proudly and permanently changed in 2016 to the Margaret Alkek Williams Crain Garden Performance Series. With this generous gift, the center will be able to continue the 100+ live performances that happen throughout the hospital system annually.

Albert B. Alkek created a living legacy in the wording of his last will and testament. In it, he laid out a road map that created the Albert and Margaret Alkek Foundation. Upon his death in 1995, the Foundation took up the work to which Mr. Alkek and his family had devoted considerable thought, energy and wealth. The Foundation continues to provide support for charitable, religious, scientific (primarily medical), cultural and educational organizations and programs serving the people of the state of Texas. The majority of the foundation's grants reflect Mr. Alkek's preferences for research and education-related projects that will pay lasting dividends in terms of new discoveries and improved quality of life. Additional grants reflect the Alkek family's strong community involvement, both in Houston and throughout the state.

HOSPITAL EMPLOYEES DEAL WITH STRESS THROUGH THE WRITTEN WORD

By Amy Bishop



ANYONE WHO WORKS IN THE MEDICAL INDUSTRY KNOWS WHAT A STRESSFUL ENVIRONMENT IT CAN BE. But one literary organization in Houston has a way to help hospital employees put their emotions on paper.

The lobby of Houston Methodist Hospital is always a flurry of activity. Doctors in white coats and men and women in scrubs are walking swiftly to catch the elevators. Patients rush through to make their appointments on time. There's almost always a long line at the Starbucks kiosk.

But in a little conference room upstairs, it's a totally opposite atmosphere. It's so quiet that you can hear the hum of the air conditioner. At the table, Paula Hernandez just finished reading a poem she'd written. Her voice shakes as she tells the story about an experience of watching a patient close to her being sent to hospice. "They started her with a new chemo drug and I thought, 'Maybe she would get better,' but she was really bad," Hernandez says. "So when I came this time, it was like, 'Okay, this is it.'"

This is only her second class and she still seems a little shy. A handful of people in the room are giving their feedback on the writing. One person encourages her to expose the raw emotions. This is Houston Methodist Hospital's Life-Writing Workshop, a partnership with the Houston-based literary organization, Inprint. The purpose is to provide an opportunity for employees in the

Methodist system to put their life experiences in written form. Some say it's a way to combat burnout. For many, it's a type of therapy. "They're often dealing with very intense emotions at work and intense situations," said Marilyn Jones, Inprint's associate director. She's the one responsible for starting the program several years ago.

Sue Anne is another class member. In her nearly 50-year career as a nurse, she has written plenty of medical and academic essays. In the workshop, however, it's like getting to use the other side of her brain. She hopes it'll give her the motivation to get to work on a book of her own. "I will be completing my Doctor of Nursing Practice in December of this year," Sue Anne says. "And I've always thought it'd be wonderful to put down in writing what I tell all my students because I teach with stories."

Houston author Matthew Saleses is one of the workshop's instructors. He's also the author of the book, *The Hundred-Year Flood*. "I try to use the workshops as a way to encourage people to write more. So, the exercises are meant to help them start on essays or poems or stories," Saleses said.

One former class member, Gulchin Ergun, wrote an essay that was published nationally. Titled *Twelve Breaths per Minute*, it's about her experience during residency when she saw one of her first patients die.

There have been numerous studies to back up the notion that expressive writing is beneficial for people

dealing with grief, trauma, or any other taxing situations. Such as all the stress that comes with working in the medical industry.

Dr. James Pennebaker is the regents professor of psychology at the University of Texas at Austin. He has written extensively on the subject, including the book, *Writing to Heal*.

“One thing that happens after an emotional upheaval is that people tend to continue to think about it, dream about it, worry about it,” Pennebaker says. “They’re trying to, in some ways, organize it. But it turns out that words really help to do that.”

Marilyn Jones agrees. “If they just go home and pretend it didn’t happen and go on with their life, the

stress builds up over time,” she said. “But being able to process it by writing about it, reflecting on it, and sharing it has really helped many people.”

But it doesn’t always have to be a first-person account of a situation. Putting reality in fictional form is still self-expression. Pennebaker says studies have shown that writing emotional fiction can be almost as beneficial as writing about our own personal traumas.

At the end of each year’s sessions in May, the class publishes an anthology of their work. It’s a collection of poetry and prose, both fiction and non-fiction. It’s titled, *Crain Garden Review*. ■

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MUSIC THERAPY AT HOUSTON METHODIST

In the last year, the Center for Performing Arts Medicine has achieved significant growth in the area of music therapy. Here is an overview of the service.



*Jennifer Townsend MMT, MT-BC,
Program Manager-Music Therapy*

WHO: The music therapy team at Houston Methodist is led by Jennifer Townsend, program manager. Jennifer joined the team in August of 2016 and brings new insights to the team in order to

build programming in both the clinic and research arenas. Virginia Gray also joined the team in August and provides rehabilitation and end-of-life care to patients and families at the Houston Methodist St. Catherine Hospital location. Jonathan Silbert has been with Houston Methodist Hospital since 2014 and has established music therapy as a core component of the in patient rehabilitation team at Houston Methodist Hospital West Pavilion.

WHAT: Board-certified music therapists hold a degree in music therapy at the bachelor’s, master’s or doctoral level and have completed more than 1,200 hours of supervised clinical experience before sitting for a board exam. Their work includes the use of evidence based techniques and methods of music application through the therapeutic

relationship to help patients succeed in the hospital setting. The goals and interventions within the session are determined by the individual patient’s needs.

WHEN: Services are available on specific units Monday through Friday from 9 a.m. to 5 p.m.

WHERE: Currently, music therapy services are offered at Houston Methodist Hospital on the inpatient rehabilitation unit, psychiatric unit, and at the long-term acute-care facility of Houston Methodist St. Catherine.

WHY: Music is a powerful way to engage both the mind and body in rehabilitation. Music therapy techniques focus on the effects of music on the physical, neurologic and emotional self. Because music is processed in many areas of the brain, it can promote plasticity and rebuild neural connections to assist in achieving functional recovery of motor, cognitive and speech skills. Music also triggers the limbic system and is a powerful expresser. One may be able to express thoughts and feelings through music when they can’t seem to find the words.

HOW: Interventions range from neurologic applications such as entrainment of external sound to internal rhythms to expressive applications like songwriting or lyric analysis. Music therapy interventions can involve actively creating, improvising, or listening to music.

Special thanks to Doug Pitcock for his support of music therapy through the Pitcock Arts and Medicine Fund for Mental Health.

VISUAL ARTS

Dandelion Beauty
Ziad El-Zaatari, MD

THE HOUSTON METHODIST EMPLOYEE PHOTOGRAPHY CONTEST, “BEAUTY IN THE LITTLE THINGS,” OPENED IN MID OCTOBER IN DUNN TOWER AT HOUSTON METHODIST HOSPITAL. This annual photography contest, hosted by the Center for Performing Arts Medicine, is open to employees, physicians, and volunteers across Houston Methodist hospitals. The work created by these photographers supports the healing environment of the hospital by providing guests with inspiring images while also allowing employees another way to contribute to the compassionate care that Houston Methodist provides.

The theme of this year’s competition, “Beauty in the Little Things,” asked employee-artists to open their eyes to beautiful things all around us. Images ranged from photographers’ backyards to community parks to across the globe while still capturing the surprise beauty in everyday things. An independent jury comprised of Houston Methodist staff, arts community members, and volunteers assembled to select the final 38 images displayed at Houston Methodist Hospital on the second floor of Dunn Tower until the spring of 2017.

“Beauty in the Little Things” was the most competitive show to date with nearly 600 images received from more than 180 employee-artists across the system. After an all-employee vote, where nearly 2,000 ballots were cast, the top 13 images were announced at the October opening. Congratulations to third-place winner, Dr. Todd W. Trask, for *Butterfly and Shadows*; second-place winner, Dianne Aldinger, R.N., for *Bleeding Heart*; and first-place winner, Kim Kham, for *Rays of Happiness*!



Rays of Happiness, Kim Khan



Bleeding Heart, Dianne Aldinger, RN

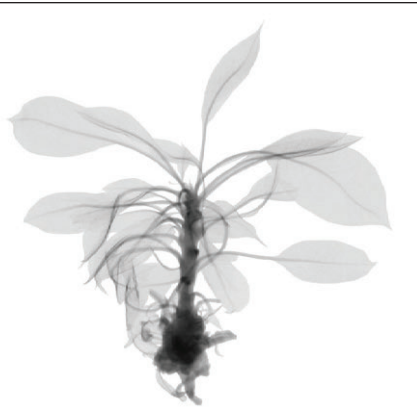


Butterfly and Shadows, Todd W. Trask, MD

HOUSTON METHODIST PARTICIPATES IN CITY WIDE FOTOFEST

While more than 275,000 visitors flocked to Houston for FotoFest, a citywide photographic arts exhibition, Houston Methodist offered its own contribution to one of the leading international photography biennials in the world. Just above Crain Garden, where hundreds of professional musical performances happen each year, a hallway was transformed into a visual art gallery — the only exhibit in a hospital for all of FotoFest’s 130 participating spaces. Houston Methodist’s exhibition, “Experiencing Nature,” welcomed the works of five nationally known artists into the halls as part of the Healing Arts Exhibition Series through the center for Performing Arts Medicine. The five artists were: Dornith Doherty, Tom Foster, Nelson Guda, Kent Krugh, and Ashton Thornhill. With two exhibitions annually, the Healing Arts Exhibition Series promotes health and healing through the beauty, harmony and eloquence of the arts.

Pear Tree Clone
by Dornith
Doherty



“Experiencing Nature,” curated by Caslin Gregory & Associates, welcomed employees and guests to experience professional art work in the hospital. By presenting museum-quality work at Houston Methodist, the FotoFest exhibit is another way to treat the whole patient and create a holistic environment of care.

PHYSICIANS PRESENT AT PERFORMING ARTS MEDICINE ASSOCIATION NATIONAL CONFERENCE AT WEILL CORNELL MEDICAL SCHOOL

The series of 5 presentations which offered a tour de force finale to the PAMA conference in New York this summer emphasized physician experience and perspectives on the most current treatments in the field of performing arts medicine. Physicians drew upon current research and a wealth of clinical experience and highlighted how performing arts medicine can be integrated into physician practices at an academic medical institution like Houston Methodist Hospital through the unique structure of the Center for Performing Arts Medicine.

Presentations included:

- **Dr. Richard Fish:** Eye Disease in Visual and Performing Artists — Historic Examples and Current Solutions.
- **Dr. Eric Haufrect:** Current Approaches/Solutions to Hormonal Challenges in Female Performers.
- **Dr. Kevin Varner:** Caring for the Houston Ballet: The Unique and Comprehensive Health Care Relationship between Houston Methodist Hospital, Orthopedics and Sports Medicine and the Houston Ballet.
- **Dr. Robert Jackson:** Health Trends and Lessons Learned From a 10 Year General Health Retrospective of the Houston Ballet.
- **Dr. C. Richard Stasney:** Wellness and Clinical Care of the Professional Voice.





RESEARCH

THE CENTER FOR PERFORMING ARTS MEDICINE ANNOUNCES RESEARCH PUBLICATION IN NEUROLOGIC JOURNAL *BRAIN CONNECTIVITY*: “MUSIC LISTENING MODULATES FUNCTIONAL CONNECTIVITY AND INFORMATION FLOW IN THE HUMAN BRAIN”

New research from Houston Methodist shows that listening to your favorite music and unfamiliar music increases blood flow to distinct regions in the brain, helping it form connections that could aid in recovery from traumatic injuries.

Twelve healthy volunteers between the ages of 18 and 82 participated in the study. They listened to seven audio selections for five minutes each rotating through 30 seconds of audio and 30 seconds of silence. All volunteers listened to J. S. Bach’s Invention #1 twice – once to the audio only, and again while watching animated sheet music to help them follow the melody; a form of classical Japanese music known as Gagaku; a click language from South Africa; an excerpt from “The Great Dictator” speech by Charlie Chaplin; and a news report by Walter Cronkite. The volunteers also listened to a musical selection of their choice for which they have a strong, positive emotional connection. Some of the self-selected music included “Don’t Ask Me No Questions” by Lynyrd Skynyrd, “The Miracle (Of Joey Ramone)” by U2, and “Gold to Me” by Ben Harper.

“We found the largest increase in blood flow and number of connections made while the volunteers listened to their self-selected music,” said Christof Karmonik, Ph.D., a Houston Methodist neuroscientist. “And that blood flow went to the areas of the brain associated with memory and emotional centers, as the brain recalled the positive memory they associated with that music. While listening to the unfamiliar selections, such as Bach or

Gagaku, we saw higher levels of blood flow to the areas of the brain associated with focused attention during periods of silence. We believe this is because the brain was attempting to process what it just heard.”

Karmonik, director of the MRI Core at the Houston Methodist Research Institute, said that listening to the language selections, such as the Chaplin speech or Cronkite broadcast, did produce activation in the brain, but that it was not as robust compared to the activation produced by the musical selections. J. Todd Frazier, a Juilliard-trained composer and director of Houston Methodist’s Center for Performing Arts Medicine, with Anthony Brandt, a composer on the faculty of the Shepherd School of Music at Rice University, led the selection of music and language excerpts used in the study.

“For the unfamiliar music, we chose pieces with a medium level of melodic and rhythmic variation,” Frazier said. “We wanted the volunteers to have an engaged listening experience, and not be overwhelmed by a complex piece or lose focus with something too repetitive. We included portions of speeches because we wanted to compare how the brain responded to the spoken word versus music.”

In response to this study, John J. Volpi, M.D., a Houston Methodist stroke neurologist, said he believes this new understanding of how music affects the brain could provide doctors with another tool to help stroke patients recover.

“The ultimate goal of stroke rehabilitation is getting the healthy areas of the brain to take over the functions of the portion of the brain that died during the stroke,” Volpi said. “This research shows that the brain forms connections while listening to music, so we want to see if we can use those connections to help make up for the loss caused by the stroke.”



STAY ON STAGE, RESEARCH INTERN REFLECTS

By Madison Fore

“PRACTICE MAKES PERFECT” is a phrase that all musicians — from the youngest amateur to the world-renowned professional — are used to hearing. To become a better musician, we must spend time practicing, whether it is in private or in an ensemble rehearsal. Many ask: How much practice is too little? How much is too much? Is there even such a thing as too much practice? To find that out is the primary goal of the Center for Performing Art’s “Stay on Stage.” What is the perfect amount of time one should practice each day?

I am a student at the University of Houston Moores School of Music, and I am currently pursuing a bachelor’s degree in music education and a minor in psychology. I have just begun an internship here at the center, and I could not be more thrilled! Previously, I had constantly struggled with the internal battle of my two fervent interests, music and medicine. When I heard about the center and its mission, I was immediately awestruck and I experienced an epiphany: I could combine psychological research with music. I contacted Director Todd Frazier, and alas, I am here as

If you’re interested in interning with the Center for Performing Arts Medicine, please contact us at cpam@houstonmethodist.org or 713.441.4048.

an intern. I hope to use my passions for research and music here to their greatest potential.

“Stay on Stage” is a current project here at the center, trying to determine the most healthy amount of time pre-professional musicians should spend practicing each day. The foremost product we hope to soon produce is a booklet with our findings to pass out to students who are preparing to enter a high-intensity music program. The booklet will inform them about potential physiological challenges they may face as a result of too much practice, such as overuse and tension, repetitive motion injuries, and anxiety. The booklet will not necessarily provide the reader with medical information, but instead will include tips and advice for the students to stay healthy and “stay on stage.”

A primary focus of the center is to help performing artists be as healthy as they can be. The “Stay on Stage” project will only exemplify this mission by providing information as a preventative for health problems caused by the daily activities of a musician. We hope to take this research far, and find new ways to help the pre-professional and professional musician be healthy and happy! ■

Madison Fore, Center for Performing Arts Medicine Intern,
Undergraduate Student at University of Houston





DR. MUSER RECEIVES INAUGURAL ARTS BRIDGE AWARD

THE MARGARET ALKEK WILLIAMS CRAIN GARDEN PERFORMANCE SERIES HOSTED THE TEXAS MEDICAL CENTER ORCHESTRA ON APRIL 13 FOR AN ENCORE PERFORMANCE OF THEIR CELEBRATION OF PASSION CONCERT. The concert featured works by Borodin, Dvořák, and Stravinsky. At this performance, the Center for Performing Arts Medicine was proud to present the first-ever Arts Bridge Award to Daniel M. Musher, M.D., who is an infectious disease physician at the Michael E. DeBakey VA Medical Center and professor of microbiology and molecular virology at Baylor College of Medicine. The Arts Bridge Award was created to recognize individuals from the medical community who have built bridges to the arts community and who exemplify the leveraged benefits of that collaboration. Musher was a founding member of the Texas Medical Center Orchestra and he has been one of the shining examples of musicians in health care who balance their work life with their passions outside of work, and who allow experiences in both fields influence each other. Musher, an accomplished violinist, has shown that the diligence, creativity, and dedication associated with successful musicians are also skills that make an outstanding physician. The Arts Bridge Award will be displayed in the medical library and will continue to be presented to those in the community who show leadership and dedication in bridging the worlds of music and medicine for the benefit of so many. ■

More about Daniel M. Musher, M.D.



Daniel M. Musher, M.D., Infectious Disease at the Michael E. DeBakey VA Medical Center (MEDVAMC) and Professor of Microbiology and Molecular Virology at Baylor College of Medicine, graduated magna cum laude from Harvard, received his

medical degree from Columbia College of Physicians and Surgeons, and did his clinical training at Bellevue Hospital and Tufts-New England Medical Center. An Air Force veteran, Musher held his position as Infectious Disease Section chief at the MEDVAMC from 1971–2012. He is the recipient of the 2007 Infectious Diseases Society of America Clinical Teacher Award from the Infectious Disease Society of America. Baylor College of Medicine has recognized him with many teaching awards including the Barbara and Corbin J. Robertson Presidential Award for Excellence in Education in 2003; the John P. McGovern Outstanding Teaching Award in 2003; the Baylor Alumni Distinguished Faculty Award in 2007; and election to the Baylor Hall of Fame for Excellence in Teaching. A national expert in respiratory and gastrointestinal infections, Musher is a frequent author of review articles for prestigious medical journals such as the *New England Journal of Medicine*. Although he may no longer perform as concert master with the Texas Medical Center Orchestra (TMCO), Musher continues to perform with the TMCO as a member of the first violin section.

Staff HAPPENINGS

EMPLOYEE CELEBRATES 15 YEARS OF SERVICE

Originally from Nicaragua, Rudy Espinoza has been employed at Houston Methodist Hospital for 15 years as staff pianist. His training is in the Lutheran ministry, music performance and conducting and he has shared music professionally for audiences throughout the world. Most recently, Rudy traveled back to Nicaragua to present a fundraising concert, including the performance of J. S. Bach's Goldberg Variations, to help rebuild homes that had been damaged by recent floods. At Houston Methodist Hospital, he holds a prominent place Monday through Friday at the Crain Garden Steinway, where he is comfortable sharing a wide variety of piano styles for patients, staff, families and visitors from around the world — always depending on his astute reading of the environment and “pulse” of Crain Garden to ensure the right musical approach and selection. He is a significant talent, playing a wide range of pieces from memory and in any key. His dedication to his art and to the enrichment of the patient and staff experience Houston Methodist Hospital is extraordinary and we congratulate him on his 15 years of service.

DIRECTOR NAMED PRESIDENT OF THE NATIONAL ORGANIZATION FOR ARTS IN HEALTH

J. Todd Frazier, director of the Center for Performing Arts Medicine at Houston Methodist, has been named president of the newly formed National Organization for Arts in Health. This group, dedicated to leveraging support and raising awareness for the arts in health field, is comprised of national leaders. Under Frazier's tenure, he hopes to grow the organization, bridge the arts and health communities, and provide resources including a white paper discussing policy, research, best practices and recommendations that will connect, unite and elevate the field of arts in health.

MASTER PIANISTS JOIN THE CENTER FOR PERFORMING ARTS MEDICINE ROSTER

The Center for Performing Arts Medicine is pleased to announce two system-wide pianists. These new positions bring professional pianists to perform at all of the Houston Methodist hospitals for patients, guests, and employees. By offering musical performances at each location, the center promotes a holistic environment of care for all visitors.

Welcome Evelyn Hsu and Dehner Franks to the Houston Methodist team! Both Hsu and Franks are not strangers to Houston Methodist as each performed in the center's first-ever arts integration system tour last summer.



Evelyn Hsu

Hsu recently graduated from the Shepherd School of Music at Rice University with a Master of Music degree. Previous to attending Rice, she has appeared in numerous contests throughout Southern California. Hsu's performance style highlights liturgical and classical music.



Dehner Franks

Franks has traveled internationally playing piano, which has included performances at the Kremlin Palace in Russia, England, and United Arab Emirates. He also was a longtime performer at Caesars Palace in Las Vegas and has in his memory hundreds of popular songs he can play upon request! Franks also has regularly toured as musical director for “Ain't Misbehavin'” as it tours throughout the US.

Both Hsu and Franks thoroughly enjoyed new employee orientation and are thrilled to begin sharing their talents in the different environments of care throughout the Houston Methodist system. ■

EVENTS

THURSDAY, DEC. 29, 2016 | NOON



Cantor Daniel Mutlu

Raised in Worcester, Massachusetts, Cantor Daniel Mutlu holds a bachelor's degree in vocal performance from the New England Conservatory of Music and a master's degree in sacred

music from Hebrew Union College-Jewish Institute of Religion in New York City. In 2011, Cantor Mutlu was called to Houston and joined Congregation Beth Israel's senior clergy as only the second full-time Cantor in the congregation's 160-year history. Cantor Mutlu has performed with many premier musical ensembles such as the Houston Symphony, Houston Grand Opera, Trinity Choir Wall Street, Alarm Will Sound, Zamir Chorale, and the Park East Synagogue Choir.

MONDAY, JAN. 16, 2017 | 11 A.M.-1 P.M.



Martin Luther King Jr. Day

Spiritual Care and Education in partnership with the center, present a celebration of the life and teachings of Dr. Martin Luther King Jr., featuring Westbury High

School Choir, Sharpstown High School Choir, Chester D.T. Baldwin, and more.

Sponsored by

AmegyBank
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THURSDAY, JAN. 19, 2017 | 5:15 P.M.



Pianist Makiko Hirata

A member of the Houston-based Matima Trio, pianist Makiko Hirata returns to Crain Garden for a solo program featuring the iconic Goldberg Variations by Johann

Sebastian Bach. Ms. Hirata studied at the Juilliard Pre-College Division before earning her bachelor of music degree at the Manhattan School of Music and her master's degree in piano performance from New York University.

TUESDAY, FEB. 21, 2017 | NOON



Texas Southern University Opera Workshop

Led by Dr. Shannon Hesse and world-renowned soprano Jolie Rocke Brown, the Texas Southern University Opera Workshop presents opera arias, choruses and small scenes from beloved operas including "Don Giovanni," "Porgy and Bess," "L'elisir d'amore," "Rigoletto," "Il trovatore," "La Traviata," "Madama Butterfly," "Turandot," and "Tosca."

ARTIST HEALTH PRIORITY AT HOUSTON METHODIST

The Center for Performing Arts Medicine at Houston Methodist is a complete health home for performing and visual artists. The only center of its kind in the country, the Center for Performing Arts Medicine encompasses a specialized group of more than 100 physicians working collaboratively to address the specific demands placed on artists. Our talented doctors care for the elite artists of the Houston Symphony, Houston Ballet, Houston Grand Opera, and other performing artists from around the globe, while providing the same outstanding care to all of the patients they serve.

Whether the problem is a sprained ankle or a sore throat, Houston Methodist is dedicated to returning artists back to the stage as soon as possible. Our medical professionals are ready to help and will make appointments available to performers within 48 hours. Many of the more than 2,000 professional and amateur artists who live in and around Houston are treated at

Houston Methodist every year, and services are also available to the dozens of guest artists performing in the Houston area each season.

At Houston Methodist, we treat artists and their unique needs, while bringing the same level of specialized care to every patient we serve. The Artist Card is available to performers who register with the Center for Performing Arts Medicine by filling out the online application and ensures that members of the performing arts community receive medical care specific to their artistic needs.

When cardholder visits Houston Methodist, they will be assigned a patient liaison who will notify the appropriate specialist(s) as needed to coordinate treatment.

Sign up for the free artist card at houstonmethodist.org/artist-card or call the Center for Performing Arts Medicine Patient Line 713.394.6088 to request an appointment.

CENTER FOR PERFORMING ARTS MEDICINE LEADERSHIP

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*Deceased 2016

STASNEY CHORUS

Your contribution fuels innovative arts and medicine research and therapy, provides high quality, accessible care for performing artists, and supports integration of the arts into the hospital environment.

STASNEY CHORUS LEVELS

\$250 - CHORISTER

\$1,000 - SOLOIST

\$500 - SECTION LEADER

\$5,000 - MAESTRO*

*As a special 20th anniversary opportunity, members at the \$5,000 Maestro level who choose to direct their gift in support of the visual arts program will also be recognized as show underwriters and have their names prominently displayed during the exhibits.

STASNEY CHORUS MEMBER OPPORTUNITIES

- Recognition in all Center for Performing Arts Medicine (CPAM) publications, including the website, houstonmethodist.org/cpam
- Invitations to inspiring and informative CPAM receptions, presentations and collaborative performances unique to the Texas Medical Center and Houston
- Invitations to the Margaret Alkek Williams Performance Series including performances by the Houston Symphony and many others
- Subscription to Houston Methodist Hospital Foundation Magazine
- Facilitated access to care at Houston Methodist

STASNEY CHORUS

Through Stasney Chorus member gifts, Houston Methodist Center for Performing Arts Medicine provides:

- Specialized health care and education for performing artists
- Effective and meaningful integration of the performing and visual arts into the hospital environment
- Clinical therapy that utilizes the arts in support of patient goals
- Research that harnesses the broadest potential of the arts in therapy, rehabilitation and human performance
- Education and outreach that connects the arts in health field across disciplines, inspiring creative thinking and discovery

